



The American Academy of Dermatology has designated November National Healthy Skin Month.

Healthy skin care habits help prevent premature skin aging.

Anti-aging skin care tips

- Protect your skin from the sun: Sun protection forms the foundation of every anti-aging skin-care plan. You want to use a sun-screen that offers broad-spectrum protection, SPF 30 (or higher), and water resistance.
Forget about indoor tanning: The sun, tanning beds, and sun lamps expose you to harmful ultraviolet (UV) rays. These rays accelerate skin aging.
Apply moisturizer every day: As we age, skin becomes drier. Fine lines and wrinkles appear. Moisturizer traps water in our skin, giving it a more youthful appearance. For best results, use a facial moisturizer, body moisturizer, and lip balm.
Wash away dirt and grime twice a day: How you wash your face can affect your appearance. For best results, you want to wash with warm water and a mild cleanser rather than soap. You also should avoid scrubbing your skin clean.
Stop smoking: Tobacco smoke contains toxins that can lead to smoker's face. Signs of smoker's face include dull and dry complexion, loss of skin's firmness, premature lines and wrinkles, and leathery skin.
Eat healthy foods: A healthy diet promotes healthy skin. Make sure you eat plenty of fruits and vegetables, lean proteins, and healthy fats. Avoid
Get enough sleep: It's called beauty rest for a reason. Sleep gives your body time to refresh and renew itself.

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